

Happy labours

Limited Edition talks to Eleanor Copp about her hypnobirthing course

Practising midwife Eleanor Copp is delighted with the success she has had teaching hypnobirthing in the Taunton area over the past year.


A year ago *Limited Edition* wrote about Eleanor when she began teaching her course. Now she reports how her work is going.

"Since I began teaching the hypnobirthing course a year ago, I have been amazed and delighted at how couples have transformed themselves.

"When we first meet they are usually worried, but about so many things they can't prioritise their concerns. They have become a blob of fear, but by the completion of the course they are calm, confident, relaxed and in charge. This transformation is wonderful to see and when they give birth to their babies so easily I feel I have taught the course well!" Eleanor has taught both first time and established parents and apparently they all say how relieved they are and how they are using their new skills in everyday life. This has included fathers incorporating relaxation techniques in work meetings to keep nerves at bay and in relationships with other family members. Mothers says it helps them adapt to life with a newborn and helps restful sleep.




■ Pictures above Beth and David have done the course and are expecting their first baby very soon.



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Eleanor is pictured with Elaine holding her baby Millie who was born in water at home last July.

or says: "As a midwife I also use the techniques with en I meet for the first time and find them incredibly rful, as it is enabling them to trust their bodies to do the thing when birthing their babies and the consequence is t with their abilities and not disappointment.

every thought we have a reaction. For example if we about our favourite food (mine's a juicy steak) we have in our mouths and secrete digestive juices in our acti. Labour is the same. When we have fear of labour or we release adrenaline and catecholamines which stop oxytocin and endorphins, the hormones we need for r. So by choosing what our thought is, we direct the e of our labour and birth.

e choose happy and positive thoughts, then the rphins and oxytocin are released in larger amounts ing the labour is shorter and more comfortable. Some en have described not feeling any pain.

en a woman decides she wants to be in control, alert and ortable during her birth and she has a partner who orts that wish, her motivation will make this a reality, is why partners are really crucial to this success. When ople work together they are brought closer during the r parts of the pregnancy."

or is highly enthusiastic for hypnobirthing, which began erica in the 80's.

ays: "It is the norm for couples who have done this e to have a birth they are proud of, to be energised ing it and to have a lovely relationship with their er and baby. This time can be stressful and emotive. obirthing removes these obstacles and turns the process d leaving it positive and empowering."

course is taught at Carolynne's in Staplegrove Road, on and booking is essential as places fill quickly.

ad out more contact Eleanor Copp on 01823-350741 or eanorcopp.co.uk, or www.hypnobirthing.co.uk



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